

# Together For Health

## Inner and Outer Eastern Metropolitan Region

### Summary of the 2025 – 2026 Prevention Annual Action Plan

#### Acknowledgement of Country

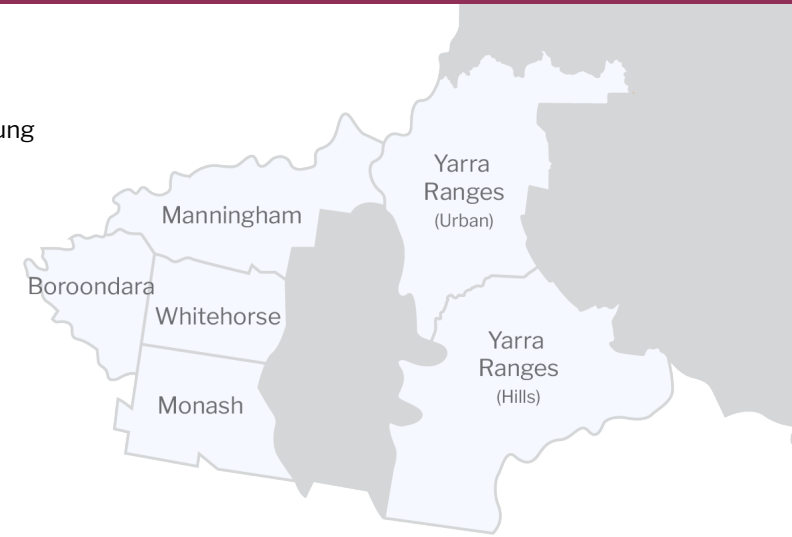
We acknowledge the Traditional Custodians of the lands across the Eastern Metropolitan Region, the Wurundjeri Woi-wurrung and Bunurong peoples of the Kulin Nation, on whose unceded lands our work takes place.

#### Introduction to this document

This summary of the 2025–26 Action Plan outlines how the Partnership will deliver place-based initiatives aligned with the Eastern Metropolitan Region Strategic Prevention Plan 2025–29 to improve health and wellbeing across the region. The full plan is available on request.

#### Introduction to the Partnership

The Inner and Outer East Prevention Partnership is a long-standing collaboration between Access Health and Community, healthAbility, and Link Health and Community, now expanded through Inspiro's merger with Access Health and Community, working across five LGAs to deliver coordinated, place-based health promotion under the Community Health - Health Promotion program.



#### Principles

Our prevention practice is guided by the following practice principles:

- Prevention outcomes at scale
- Systems practice
- Innovation, continuous improvement and adaptability
- Intersectional health equity
- Evidence-informed practice
- Collaboration and partnership

#### Lenses

The Partnership applies the following lenses across planning, delivery, and evaluation to ensure prevention initiatives are fair, inclusive, and responsive to diverse community needs:

- Equity
- Climate
- Gender
- Size-inclusion

#### Priority Areas

Our work aims to address the following priority areas:

- Increase healthy eating
- Increase active living
- Reduce harm from tobacco and e-cigarette use
- Place-based wellbeing priorities

#### Settings

Our work occurs where people live, learn, work, connect and play, because these settings shape daily health and wellbeing and provide the greatest opportunity for impact.

- Early in Life
- Schools
- Sporting clubs
- Sport & Recreation
- Other places in the community



Early in Life

Schools

Sporting clubs

Sport & Recreation

Other places in the community

	Increase healthy eating	Increase active living	Reduce harm from tobacco and e-cigarette use	Place-based wellbeing priorities
 <b>Early in Life</b>	<u>Menu Planning Guidelines</u> <u>The Cooks Network</u> <u>Smiles for Miles</u> <u>INFANT Program*</u>			<u>Free To Be Me</u>
		<u>Achievement Program</u>		
 <b>Schools</b>	<u>Vic Kids Eat Well</u> and <u>Student Leadership Project</u>	<u>Walk to School</u> <u>Morning Move for Mind</u> <u>Spaces and Play Leader Project*</u>		<u>Young Leaders – Gender Equity*</u> <u>Everybody in Every School*</u>
		<u>Achievement Program</u> and Student Leadership Project		
 <b>Sporting clubs</b>	<u>Vic Kids Eat Well</u>	<u>Inclusive Clubs /</u> <u>Sport for All</u>		
 <b>Sport &amp; Recreation</b>	<u>Healthy Choices Guidelines</u>			
 <b>Other places in the community</b>	<u>Food Policy*</u>	<u>Active Living Yarra Ranges</u> <u>Step and Connect</u>	<u>Vaping initiatives led by</u> <u>local government*</u>	<u>Sunday Sessions*</u> <u>Upper Yarra Partnership (UYP)*</u>
		<u>Healthy Partnerships in the Yarra Ranges*</u> <u>VicHealth Local Government Partnership Project*</u>		

\* Denotes initiatives we support but don't lead

## Contact Us

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